

Desperate Young Hearts

COPPER **NOB**
BY STEPHEN

拍數: 56 牆數: 2 級數: Improver
編舞者: Matesa (AUT)
音樂: Young Hearts Run Free - Gloria Estefan



SAMBA BASIC FORWARD, SAMBA BASIC BACK, SIDE, BACK ROCK, SIDE, BACK ROCK

1&2 Step forward on right, step left next to right, step down on right
3&4 Step back on left, step right next to left, step down on left
5&6 Step right to right side, rock (step) back onto left, rock (step) forward onto right
7&8 Step left to left side, rock (step) back onto right, rock (step) forward onto left

SAMBA BASIC WITH ¼ TURN RIGHT, SAMBA BASIC BACK, MAMBO TURN RIGHT

1&2 Make ¼ turn right step onto right, step left next to right, step down on right
3&4 Step back on left, step right next to left, step down on left (end up facing 3:00 wall)
5 Make 1/8 turn right step onto right
& Step left behind right
6 Make 1/8 turn right step onto right
& Step left behind right
7 Make 1/8 turn right step onto right
& Step left behind right
8 Make 1/8 turn right step onto right

On counts 5-8, half turn to your right, end up facing 9:00 wall

STEP, KICK, RIGHT COASTER, STEP, KICK, RIGHT COASTER

1-2 Step forward on left, kick right forward
3&4 Step back on right, step left beside right, step forward on right
5-6 Step forward on left, kick right forward
7&8 Step back on right, step left beside right, step forward on right

MAMBO TURN LEFT, STEP, KICK, LEFT COASTER

1 Make 1/8 turn left step onto left
& Step right behind left
2 Make 1/8 turn left step onto left
& Step right behind left
3 Make 1/8 turn left step onto left
& Step right behind left
4 Make 1/8 turn left step onto left

On count 1-4, half turn to your left, end up facing 3:00 wall

5-6 Step forward on right, kick left forward
7&8 Step back on left, step right beside left, step forward on left

STEP, KICK, LEFT COASTER, SAMBA BASIC WITH ¼ TURN RIGHT, SAMBA BASIC BACK

1-2 Step forward on right, kick left forward
3&4 Step back on left, step right beside left, step forward on left
5&6 Make ¼ turn right step onto right, step left next to right, step down on right
7&8 Step back on left, step right next to left, step down on left

TOUCH RIGHT, STEP ACROSS, TOUCH LEFT, STEP ACROSS TWICE WITH SHIMMIES

1-2 Touch right toe to right, step right across left
3-4 Touch left toe to left, step left across right
5-6 Touch right toe to right, step right across left

7-8 Touch left toe to left, step left across right
Shimmy throughout counts 1-8

¼ PADDLE TURNS LEFT (HIP CIRCLES), 4X

1&2 Touch right forward, circle hip while turning ¼ left, step onto left

3&4 Touch right forward, circle hip while turning ¼ left, step onto left

5&6 Touch right forward, circle hip while turning ¼ left, step onto left

7&8 Touch right forward, circle hip while turning ¼ left, step onto left

End up facing back wall

REPEAT
